

UPPER BLEPHAROPLASTY: COMPREHENSIVE PATIENT INFORMATION SHEET

INTRODUCTION

Upper blepharoplasty, also known as upper eyelid surgery, is a surgical procedure designed to remove excess skin and fat from the upper eyelids. This procedure helps to restore a more youthful and refreshed appearance and, in some cases, improve vision if sagging skin obstructs the eyes.

This surgery is performed under local anesthesia only—you will be awake, but the area will be numbed to ensure a comfortable, pain-free experience. The procedure takes up to one hour and is done on a day-case basis, meaning you can go home the same day.

This document provides detailed information about the procedure, risks, and aftercare in line with Royal College of Surgeons (RCS) and Care Quality Commission (CQC) guidelines.

PROCEDURE OVERVIEW

Highly skilled Blepharoplasty Surgeon, will perform the procedure using precise and advanced surgical techniques.

SURGICAL PROCESS:

- 1 Local anesthesia is administered to numb the eyelid area.
- 2 A fine incision is made along the natural crease of the upper eyelid, ensuring minimal visible scarring.
- 3 Excess skin and fat are carefully removed or repositioned to improve eyelid contour.
- 4 The incision is closed with fine sutures, enhancing healing and reducing scarring.
- 5 The procedure is completed within 45 minutes to 1 hour, after which you will be observed for a short period before discharge.

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RECOVERY & AFTERCARE

After surgery, you can expect temporary but normal side effects, including:

- ✔ Swelling & Bruising - Most noticeable in the first 48 hours but improves over 7-14 days.
- ✔ Mild Tightness or Discomfort - Some stiffness is expected but should not be painful.
- ✔ Temporary Blurred Vision - This can occur due to swelling but usually resolves within days.
- ✔ Watery or Dry Eyes - Some patients experience temporary increased or decreased tear production.

KEY AFTERCARE INSTRUCTIONS:

- ◆ Rest & Elevation:
 - Keep your head elevated at all times, including when sleeping, for the first week to reduce swelling.
 - Avoid bending over, heavy lifting, and strenuous activity for at least two weeks.
- ◆ Managing Swelling & Bruising:
 - Use cold compresses for 10 minutes every hour for the first 48 hours.
 - Avoid hot showers, saunas, and steam rooms for two weeks, as heat can worsen swelling.
- ◆ Wound Care:
 - Keep the incision clean and dry. Gently cleanse with sterile water or saline as directed.
 - Do not rub or pull at the eyelids while they heal.
 - Apply prescribed antibiotic ointment if instructed to prevent infection.
- ◆ Medication & Pain Relief:
 - Take paracetamol if needed (avoid aspirin or ibuprofen, as they can increase bruising).
 - Use lubricating eye drops if your eyes feel dry.
- ◆ Activity Restrictions:
 - No makeup or false eyelashes for at least two weeks.
 - Avoid contact lenses for two weeks—wear glasses instead.
 - No intense exercise, swimming, or strenuous activities for four weeks.
- ◆ Suture Removal:
 - Your stitches will be removed 5-7 days after surgery at your first follow-up appointment.

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HEALING TIMELINE

Timeframe	Healing Milestone
0-48 Hours	Swelling & bruising peak; cold compress recommended
5-7 Days	Stitches removed; bruising starts to fade
2 Weeks	Most swelling resolves; return to light activities
4-6 Weeks	Final results becoming visible
3-6 Months	Full recovery; scars continue to fade

POTENTIAL RISKS & COMPLICATIONS

According to the Royal College of Surgeons, the following are potential risks and complications of upper blepharoplasty:

- ✔ Bleeding & Bruising - Common but usually resolves within two weeks.
- ✔ Infection - Uncommon, but signs include increased redness, warmth, swelling, or pus—seek medical advice if concerned.
- ✔ Scarring - Incisions are placed in the natural eyelid crease and usually fade, but some individuals may develop thicker scars.
- ✔ Dry or Irritated Eyes - May require lubricating drops for temporary relief.
- ✔ Difficulty Closing Eyes - Rare but can occur if too much skin is removed.
- ✔ Ectropion - A rare complication where the eyelid turns outward, sometimes requiring correction.
- ✔ Visual Disturbances - Temporary blurred vision or light sensitivity may occur.
- ✔ Asymmetry - Subtle differences in eyelid shape may be visible but usually improve as swelling subsides.
- ✔ Allergic Reactions - Rare, but some patients may react to anesthesia or surgical materials.

Seek Urgent Medical Attention If You Experience:

- ✘ Severe pain not relieved by painkillers
- ✘ Sudden vision loss or worsening eyesight
- ✘ Excessive bleeding that does not stop
- ✘ Severe swelling, redness, or signs of infection

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PSYCHOLOGICAL CONSIDERATIONS

- It is normal to feel emotional changes post-surgery. Some patients experience immediate satisfaction, while others may feel anxious about swelling and bruising during the healing process.
- Patience is key—final results take 3 to 6 months to fully settle.
- It is important to have realistic expectations—this procedure enhances your natural features rather than drastically altering your appearance.

REGULATORY COMPLIANCE & PATIENT INFORMATION STANDARDS

This document follows the Royal College of Surgeons' guidelines and Care Quality Commission (CQC) regulations to ensure you receive clear, accurate, and comprehensive information about the procedure, risks, and recovery process.

FINAL ADVICE

- ✓ Trust the Healing Process - Swelling and minor imperfections will settle with time.
- ✓ Follow all aftercare instructions - Proper recovery leads to optimal results.
- ✓ Attend all follow-up appointments - To ensure your healing is progressing well.
- ✓ If in doubt, contact us - We are here to support you throughout your healing journey.

📞 FOR URGENT CONCERNS OR POST-OP ADVICE, PLEASE CONTACT:

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This document is for informational purposes only and does not replace professional medical advice. Individual recovery experiences may vary. Discuss all concerns and questions with Highly skilled Blepharoplasty Surgeon before proceeding with treatment.